

## Caregivers for Older Adults

Idaho has seen an influx of the elderly as many are choosing the state as a place to retire as the cost of living means that their dollars will last longer and they can afford a lifestyle that is more comfortable. Senior communities are developing along with assisted living centers. Most often, they are moving closer to family and extended family are taking on caregiving roles.

Given the increase in the older population in Idaho, this has significance for Idaho libraries as a balance is needed between offering information and programs for the seniors as well as the families that care for them. This article offers information and resources for librarians encountering the aging and their families. Additionally, there is increased need for researchers to have access to data and information on this population as it continues to grow. Finally, the article is followed by an annotated bibliography that provides a variety of resources for researchers, caregivers, and the senior population.

Family caregiving is increasing in the United States and globally as the growth of older adult populations climbs to substantial numbers. Although this phenomenon has been predicted for years, the demographics of aging means that the pressures of providing economic security and health care are vital. Health care specialists, economists, gerontologists, and demographers have been predicting this boom for quite some time. As the senior population has risen, the competition for funding to provide services and programs has grown increasingly often leaving the older adult population vulnerable.

With the high costs of institutions such as assisted living centers along with the longer survival rates among seniors and those with health issues; millions of families are forced into stressful roles of providing care for aging and ailing relatives. Unlike formal care where private or public programs have trained and certified professionals to provide direct care, informal care is provided primarily through family, with possibly some relief from friends and neighbors.

History has shown that it is the female family members that are taking on the responsibilities caring for the aging adults. It is estimated that nearly 50 million Americans are taking care of an adult who used to be independent (Sheehy, 2010). Some of these family members may not be prepared or resilient to take on such responsibilities without putting their own health, financial circumstances, or well being at risk. Additionally, many women are in the "sandwich" role of caring for their emerging adult children while responding to the needs of their own aging parents (Perkins, 2010). This is also known as "compound caregiving". The average family caregiver is a 48 year-old woman who still has at least one child at home and holds down a paying job (Sheehy, 2010).

Extensive bodies of research have shown the number of negative effects on the caregiver's psychological health and physical well being over a period of time (Roth, Perkins, Wadley, Temple & Haley, 2009). In addition to depression and other forms of psychological distress, data demonstrates that there is a reduction in social participation, which increases isolation for the caregiver. Others experience sleep deprivation, immune-system deficiency, chronic anxiety, loss of concentration and premature death (Sheehy, 2010).

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There are often financial burdens as the family caregiver offers services that require time away from their own employment or costs that come with transporting. Researchers calculated the average annual costs of replacing the care provided by family members (using 2002 dollars) and it ranged from \$22,446 to \$42,223 (Rhee, Debenholtz, LoSasso, & Emanuel, 2009).

With increasing numbers of individuals taking on potentially stressful caregiving roles, it is important to identify strained caregivers as early as possible to assist them with tools, support, interventions, and respite to protect and enhance the quality of life.

The primary audience seeking information about elder caregiving are researchers. Information seeking behaviors among this population shows that there is a dominant utilization of electronic methods for searching and accessing scholarly materials and content (Niu et al. 2010). There is a trend that the scholars are also collaborating their efforts of information seeking, as they are able to communicate using technology with colleagues both in the United States and globally.

Researchers and scholars seeking caregiving and other genres of information, are not only seeking behavior electronically, but also sharing information with outside academic resources such as laboratories and the general public. Many professors are using blogs, wikis, and multimedia to communicate with their colleagues, researchers, students, and the public. In addition, researchers use social bookmarking systems, open shared rankings and reviews, open access journals, and online sharing bibliographic databases and annotations (Niu et al., 2010).

The secondary audiences who seek the information from scholars are the caregivers themselves. With Internet access being widely available, among the variety of online searching activities are those looking for and using health information. In fact it is particularly prevalent with between 40% and 70% of U.S. adults (Weaver, Mayes, Weaver, Hopkins, Eroglu, & Bernhardt, 2010).

Public health practitioners, clinician, and researchers have contributed to the emerging literature detailing those who engage in health information. Findings show that there are information seekers or caregivers that are looking for wellness options to better their lives and those of others. Contrarily, there are many that are searching content about medical concerns and are facing health challenges themselves. Around 40% of searchers look for both illness and wellness information. The implication being that while searching for information on a disease or illness, the user will also look for ways to mitigate or improve the problem and symptoms.

In addition to seeking information online, many of the caregivers are taking their family members to medical appointments where they can take brochures and get advice from the doctor or nurse. However, many are unaware or wait to seek information about community resources.

A third group of seekers are the elderly themselves as they seek information about their own situation. Although many are not proficient with technology, they are shown to seek computer classes and tools to cope successfully with the world around them when possible. Those seniors who do not own nor navigate the

computer can become isolated, as they are no longer in touch with previous colleagues while others may be limited by declining health.

Studies show that when seeking information, interpersonal sources together with internally produced print materials are relied on more than other types of sources for the information needed for participation in local community events and organizations (Wick, 2004). When seeking answers to medical, health, and financial questions, older adults also prefer interpersonal sources.

Summarily, it is important to have materials in all formats to meet the needs and desires of those searching for caregiving information. Researchers prefer technology; family members use both technology and seek information from professionals and then community, followed by the older adults who prefer interpersonal communication to obtain answers.

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### Annotated Bibliography

### General Guides

Meyer, M. M., & Derr, P. (2007). *The Comfort of Home: An Illustrated Step-by-Step Guide for Caregivers, 3<sup>rd</sup> Ed.* Portland, OR: CareTrust Publications LLC.

Having cared for her own father-in-law, Maria Meyer founded a publication company dedicated to producing reader-friendly books that help ordinary people cope with decisions and responsibilities for aging members. She also founded an advisory firm that develops affordable housing and assisted living. Paula Derr is a nurse who both personally and professionally cared for the aging population. In addition, this guide consults over 30 professionals in various sections of the field of caregiving from medical workers to funeral directors.

Given that most older adults want to live in their home as long as possible and prefer to end life in the comfort of home, this book is a guide to assist caretakers and family members to allow this to happen. This 350-page text is basic and simple and a great resource for those who are overwhelmed as it succinctly offers the information in three sections with checklists, illustrations, and large print making it easy to use and understand. The first section is about getting ready to care for the senior by discussing financial and legal decisions, setting up the home to be safe, and how to communicate with healthcare professionals. The second section offers ways to handle the aspect of daily care. The third section provides additional resources.

West, J.A. (Ed). (2002). *The Complete Medical Guide for the Family Caregiver.* Washington DC: Lifeline Press.

There are over 60 professionals that contributed to the making of this book with all of the credentials listed. The book's editor, Jeffrey A. West is a certified cardiologist, clinical researcher, and health care technology executive. He is a professor at Stanford University. It is an extensive tome with 800 pages of information for the caregiver and family members. This book is meant to be an in-home companion for the family caregiver and offers a comprehensive and valuable information on a wide range of topics and tasks. However, a researcher may find the material valuable too. It is easily navigated with subject headings and the layouts of the chapter are consistent. There are no illustrations, which would make this book complete.

The guide is organized into four parts that include: diseases and conditions, day-to-day caregiving, treatment and options, and holding on and letting go. A bibliography and resources for each topic follow each thorough chapter. For those caregivers interested in alternative medicine, this book has the options. This book contains a section that assists the caregiver on how to cope with the burdens and stress of caregiving. Finally, the book approaches end-of-life issues that require sensitive and tough decisions by family members.

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Williams, M.E. (1995). *The American Geriatrics Society's Complete Guide to Aging & Health*. New York: Harmony Books.

Although there needs to be a new edition of this book, it is a comprehensive resource, which includes invaluable and expert advice for those who are aging or those who are caring for aging adults. The information is useful for researchers looking for bibliographic resources. Mark E. Williams is a member of the Board of Directors of the American Geriatrics Society along with having been the Director of the Program on Aging at the University of North Carolina School of Medicine. Additionally, he is a consultant and medical director of the Geriatric Evaluation Clinic at UNC Hospitals.

The book begins with a section on how to use the book, which is very helpful. The author wrote the book for the older person or members who are associated with a senior family member. The resource is written to offer insight into causes, symptoms, and treatments of conditions faced by older adults. The book is organized into four sections that include: 1) how we age; 2) issues related to healthcare decisions; 3) ethical and legal decisions along with healthcare financing; and 4) conditions that affect older people. The book has many illustrations, diagrams, charts, and checklists for easy use. It is not meant to be read cover-to-cover but utilized as a handbook with quick and easy access to the information needed by the reader.

### Media Resources

Lerner, E. & Lerner, A.C. (Producer), & Edgington, C. (Director). Information (2004). *Healthy Body Healthy Mind*. United States: Information Television Network, Inc. Available from <http://www.itvisus.com/>

Since 2004, public television airs this important healthcare series, which explores the latest medical information on a broad range of health and wellness topics that combines scientific and clinical data along with real stories of physicians and their patients. Public television is known for its professional and scholarly programming which is free to the public, which means no cable, or dish television is required. The Healthy Body Healthy Mind series content includes timely and accurate information that assists patients and families to make informed choices. This resource is not only helpful for caregivers and older adults, but anyone wanting information on a specific medical or mental health condition.

A sampling of topics include: healthy aging, diabetes, Alzheimer's, dementia, stroke, heart attacks, nutrition and exercise, obesity, patient safety, eye disease, arthritis, cancer, pain management, Parkinson's, osteoporosis, dental health, heart disease, mental health issues, asthma, bladder disorders, cholesterol, multiple sclerosis, ulcers, epilepsy among hundreds of others. The series can also be purchased on DVD and is available in libraries for borrowing either locally or through interlibrary loan.

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McLeod, B. W. (2004). *When Your Parent Needs You: A Guide to Positive Growth When Caring for Aging Parents*. United States: Paraclete Press. Available from <http://www.paracletepress.com/>

This 35-minute DVD comes with a 15-page booklet and is a basic support and informational resource for the caregiver. Although it is not extensive, it is useful for someone who is burdened and would be overloaded with too much information. The video and booklet focus on the positive aspects of caregiving and how caregivers can gain benefits from the experience. The video covers the following topics: becoming your parent's caregiver, experiencing life changes through caregiving, recognizing and dealing with the stress of caregiving; and growing as a caregiver. The video features two specialists in caregiving and aging issues: Beth Witrogen McLeod who is a journalist, speaker, consultant, and nominated for a Pulitzer Prize. Avrene L. Brandt is a licensed clinical psychologist who is a consultant on Alzheimer's disease and has worked with the aging population extensively.

The booklet covers helpful topics with basic tips for family caregivers. Additionally, the pamphlet recommends ways family caregivers can learn about aging health issues and interact with the physicians and healthcare practitioners involved in the parent's care. The booklet covers how to recognize depression; handling medical and financial issues; and guidelines for coping with emotions. The pamphlet ends with resource materials, support groups and organizations, and websites.

Navasky, N. (Producer). (2007). *Living Old*. United States: WGBH Educational Foundation. Available from <http://www.pbs.org>

A production of Frontline of the Public Broadcasting System, this 60-minute video discusses the phenomenon of aging America. According to Dr. Leon Kass, chairman of the President's Council on Bioethics from 2002 to 2005, the United States and world is in a mass geriatric society. He states that this is going to have a big financial, physical, and emotional influence on our families, community, and country. For older adults and their families, this is often stressful and takes a huge emotional toll. With adults living longer, decisions are becoming increasingly complex. This video may be one opens communication about difficult topics with caregivers and their family members.

Living Old explores and describes our aging society in the first chapter. The show emphasizes the looming crisis in care as one if five people are going to be older adults and there aren't the medical professionals equipped to care for them. The third chapter focuses on the importance of home, independence, and family while the fourth involves what defines a "good death". The next segment debates the issue of when enough is enough and end of life decisions closes the show.

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Navasky, N. (Producer). (2010). *Facing Death*. United States: WGBH Educational Foundation. Available from <http://www.pbs.org>

Frontline is a broadcasting section of the Public Broadcasting System and provides educational and informative shows by authoritative professionals. This particular film discusses many uncomfortable and controversial topics relating to aging and death. This show is useful for researchers, caregivers, and health care professionals as it provides real-life information and choices that are faced with those around them. Four medical doctors, Jerome Groopman, David Muller, Judith E. Nelson and Keren Osman, are interviewed in this film that currently practice at Mount Sinai Hospital.

This video can be viewed online or purchased from PBS. It is a 60-minute show that addresses the way we die and whether we are extending life or prolonging death. The professionals discuss the decision of when to stop treatment, family decisions, the cost issue, and how most families are unprepared for the inevitable. There is a discussion about the end of life and how nobody wants to die badly. The video offers options for facing death including home care and hospice. There is online information regarding resources that were mentioned in the video and is easily accessed and written for the adult population.

### General Websites

American Association of Retired Persons. *AARP.org*. Retrieved from <http://www.aarp.org>. Accessed December 2, 2010.

American Association of Retired Persons is for individuals over the age of 50 and has an annual fee of \$16. Membership includes: health insurance benefits and discounts, advocacy information on Medicare, Social Security, consumer safety, information on financial planning, and health and consumer protection. The membership also includes information for those who are caring for their parents. Members receive a bi-monthly magazine that offers articles and information on topics related to aging. Members also receive the "AARP Bulletin" which is published 11 times a year. It offers reports about local and national legislation affecting older persons.

AARP, founded in 1958, is a well-known organization and advocate of older persons. It is a non-profit and nonpartisan membership association. They have offices in all 50 states along with Puerto Rico and the U.S. Virgin Islands. Their mission is to enhance the quality of life for those aging and is known as a great advocator in giving older persons a voice. They support strengthening Social Security and other retirement savings; promote affordable healthcare, and livable conditions. Although it requires membership, there is a lot of free information on the website that can be accessed by anyone.

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The American Geriatric Society. *The AGS Foundation for Health in Aging*. Retrieved from <http://www.healthinaging.org/>. Accessed November 29, 2010.

Founded by the American Geriatric Society in 1999, this national non-profit organization combines research and practice together to advocate on behalf of older persons and their specific and special health care needs. This foundation initiates public education, research, and public policy that advance geriatric medicine. The organization educates policy makers and the public on health care issue of the older adult population. They support and fund research that reduces disability and vulnerability to improve health and quality of life. Older adults are encouraged to be advocates for themselves with doctors and improve care. Their mission is to also help caregivers take better care of themselves to be better nurturers for their family members.

The American Geriatric Society's board is geriatric doctors and nurses who are directors and researchers in the elite medical institutions in the United States. They provide Aging in the Know which is a section of the website overseen by experts where information on common diseases for older adults is obtained. The content is updated daily and users are encouraged to check the site regularly and print out the information as it changes. Links to a variety of helpful sites are offered and explanations on how best to use the website. The site is easily navigated and organized well for the researcher, caregiver, or older adult.

Family Caregiver Alliance: National Center on Caregiving. *Family Caregiver Alliance*. Retrieved from <http://www.caregiver.org>. Accessed November 29, 2010.

This non-profit organization was founded in 1977 in the Bay Area of California to address the issues faced by caregivers who provide care at home. Since its inception, the organization has grown into a national entity. The Family Caregiver Alliance (FCA) offers programs at both the state and national level. This organization recognizes the hardships on caregivers and supports them through education, services, research, and advocacy. This is done through articles, webinars, workshops, classes, retreats, online discussion groups, and other activities. They also have a Facebook page. This is an excellent site for support in a variety of venues for the caretaker.

The Family Caregiver Alliance established the National Center on Caregiving (NCC) to offer research for policy and practice regarding caregiver topics and issues. The NCC, in turn, sponsors the Family Care Navigator to help locate support services for caregivers in the local community. The board is comprised of professionals including doctors, lawyers, accountants, and business professionals with scholarly backgrounds listed. The staff also consists of professionals with academic degrees.

National Alliance of Caregivers (NAC). *National Alliance of Caregivers*. Retrieved from <http://www.caregiving.org/>. Accessed November 29, 2010.



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A non-profit coalition established in 1996, this national organization focuses on issues of family caregiving. It is a collaborate and combined coalition consisting of grassroots organizations, professionals, service organizations, government agencies, disease-specific groups, and general corporations. The non-profit was created and organized to conduct research, do policy analysis, develop national programming, increase public awareness of family caregiving problems and issues, and represent caregiving community. This alliance recognizes the effort that family caregivers provide that is important both to society and financially. This organization has the Family Care Resource Connection where it contains reviews and ratings of over 1,000 books, videos, Web site, and other materials on caregiving. There are podcasts and booklets to download free of charge. Users can request to be on a listserv to receive emails about caregiving issues. This organization and website post yearly updates on legislation efforts on health care and older adults. It provides surveys to be taken by those visiting the website to gather information that will be helpful for future caregiving. Finally, they sponsor and host annual conference for researchers, healthcare providers, and caregivers.

The membership of the alliance contains over 70 organizations that is a leader in its field and a key to the success of the mission. As of 2010, the following organizations hold a seat on the board of directors: American Psychological Association, American Society on Aging, Johnson & Johnson, MetLife Mater Market Institute, National Association of Area Agencies on Aging, Pfizer Inc, United Healthcare, U.S. Department of Veterans Affairs, and Women's Institute for a Secure Retirement.

### Government Websites

*Medicare.gov*. Retrieved from <http://www.medicare.gov>. Accessed on December 1, 2010.

On July 30, 1965 President Lyndon Johnson signed the Medicare bill. Given that many caregivers manage the medical needs of older adults, the Medicare site offers information on the eligibility and benefits of Medicare. Medicare is governmental health insurance for those who are 65 and older or those with disabilities. The website has the information in English or Spanish about managing health, Medicare basics, resource locator, help and support. The site also has information on drug and health plans to determine what pharmaceuticals and/or procedures are covered. Additionally, referrals to doctors and hospitals that accept Medicare are available. A directory to a local Ombudsman for concerns with healthcare is offered. The authority of the site is the government but with four different plans available (Plan A, Plan B, Plan C, and Plan D), it is often confusing for the older adult and they often need a caregiver to help navigate the process and system.

The information can also be found in print. Again, since the introduction alone is over a hundred pages, and it is often necessary for the senior, caregiver, and other people involved to seek professional help to understand all of the rules involved. It

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is a website to become educated but then it might be more helpful to consult with insurance professionals that have researched the options.

*Social Security.gov*. Retrieved from <http://www.ssa.gov/>. Accessed on December 1, 2010.

President Franklin D. Roosevelt signed The Social Security Act on August 14, 1935. Given that one in seven Americans receive benefits and 90 percent of all workers are in jobs covered by Social Security, it is an important administration for caregivers of seniors. The government site provides information about getting a new card, applying for benefits, applying for Medicare, estimating retirement benefits, and finding a local office. A recipient may also appeal a decision online. Social Security also has information for financial planners and human resource professionals. Those who are survivors can report a death and can apply for payments. The website hosts Frequently Asked Questions (FAQs) and has information in both English and Spanish.

Children or financial professional involved in the older adult's life, can use this website to get information on receiving benefits. The website is easy to navigate for the information available with large type for the adult user whose eyesight may not be optimal. It is neatly organized for those who peruse the site for social security information. Whether the caretaker and older adult use the website or go directly to the Social Security office, it is information that is invaluable.

### Books

Kennedy, L. (2010). *The Daughter Trap: Taking Care of Mom and Dad...and You*. New York: Thomas Dunn Books.

Laurel Kennedy offers a book as support for caregivers. The author took care of her aging parents and used her MBA from the University of Chicago to form the consulting firm Age Lessons. She is sought for her authority on multigenerational issues as speaker, advocate, and expert witness in Superior Courts. With her personal and professional experience, this book gives voice to several caregivers that Kennedy interviewed and combines it with knowledge to help the caretaker, specifically the women as they are often the ones doing the nurturing and work for the aging family members.

Unlike many books that explain the how-to of caring, Kennedy offers a sociological and business view of how daughters are caught in a trap. She clearly delineates the difference between childcare and elder care. Despite 80% of women working outside the home, they are still caring for children and parents too! This book invites women to unite so that the government, businesses, family, and friends are aware of the issues faced by caretakers. She proposes that it will take a social revolution to change the current mode of operation with aging and attitudes regarding seniors. This book is well documented with extensive chapter notes and

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bibliography. The book finishes with three pages full of websites of organizations that offer information and support for caretakers and aging adults.

Roberts, P. (Ed.). (2000). *Aging*. Pasadena: Salem Press, Inc.

The volumes of *Aging* come in two tomes that are written in encyclopedic and alphabetic format, which allows the reader to search for information easily. This is a vast collection of articles written for the general public, teachers, and students in the fields of gerontology, sociology, biology, medicine, family studies, human development, and psychology. The encyclopedia narrows the range of age from middle age to old age and addresses the myriad of physical, behavioral, and psychological changes that occur in those years.

The contributors are professionals who are experts in their fields of study and are listed with prospective professional organizations and/or universities. Every article begins with a ready-reference listing of important information that includes relevant issues, authors, directors, cast members, and dates (as needed). At the end of each reading, there is a cross-reference list. The two volumes contain a bibliography, mediagraphy of novels, a listing of resources, an extensive index, annotations, maps, charts, graphs, and tables. The books are often found in reference sections of libraries and are a great source of education about aging.

U.S. Department of Health Services. (2006). *Promoting Older Adult Health: Aging Network Partnerships to Address Medication, Alcohol, and Mental Health Problems*. Washington DC: DHHS Publication

The Substance Abuse and Mental Health Services Administration wrote this book as examples of communities where professionals have come together to provide older various care for older adults to gain access to needed substance abuse and mental health service providers. The book provides models for other locations across the country that want to adopt or adapt from those who have already shown success. It is a great resource for researchers and professional who are interested in creating care programs for older adults.

The booklet is divided into five sections that include an introduction followed by providing information on outreach, screening, referral, intervention, and treatment. The final section addresses service improvement through coalitions and teams. The appendix is filled with directories for federal organizations, national partner organizations, and a directory of agencies listed by state. Each chapter is written with pertinent information with contact information for the particular program along with the sponsoring organizations and steps to get going. For communities that do not have services for older adults, this is an invaluable resource.

## Articles

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Kapo, J. Morrison, L.J. & Liao, S. (2007). Palliative Care for the Older Adult. *Journal of Palliative Medicine*. 10 (1), 185-209.

These physicians begin by stating that the majority of deaths in the United States occur in the elderly or geriatric population. As caregivers, the palliative care physicians need to be trained and skilled in order to address the multiple illnesses and needs of the frail elderly and the end of life decisions that both the doctors and the patients must face. This article is thorough in addressing the multiple illnesses that occur among the elderly including dementia, delirium, urinary incontinence, and falls. The paper also includes an extensive bibliography with 205 references for further information.

This article is written for other medical professionals and researchers but can be useful for the older adult or caregiver. The paper offers how elderly illnesses can be encountered in the care setting and emphasizes the important issues regarding the provision of palliative care in different long-term settings. The care for geriatric patients is complex as functional and mental behaviors decline. Physicians may be depended upon to offer referrals and opinions as to the long-term care of seniors.

Perkins, E. (2010). The Compound Caregiver: A Case Study of Multiple Caregiving Roles. *Clinical Gerontologist*. 33, 248-254.  
doi: 10.1080/07317111003773619

Elizabeth Perkins who is in the Department of Child & Family at University of South Florida wrote this article on caregivers. She describes the family caregiver as one having multiple caregiving roles. Perkins explains that many studies have been done on caregiving of adults to their children whether healthy or disabled but that the research on adults caring for their parents or other adult family members is lacking. This article addresses the phenomenon of adults caring for the older adult and the impact. Researchers, health care professionals, and caretakers can read this article even though it is in a scholarly journal. However, it is directed toward those working with caregivers such as nurses, doctors, and mental health professionals.

Her article uses qualitative research methods in which she describes the compounding effects of caretaking and offers four examples. It offers readers a glimpse into the stress and pressure involved in caring for others. Mostly the responsibility is on the woman and she is often still caring for children in the home. Her findings show that there is a reduction in social support and stress resiliency along with the need to prioritize caregiving demands. It is important for medical and mental health professionals to assess all areas of caregiving as there are often multiple roles.

Watson, S. (2010). The Forgotten Man: Men as Caregivers. *Momentum*. 3(4), 58-59. Retrieved from <http://libproxy.library.unt.edu>

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Although the majority of caretakers are woman, this article features several cases of male family members who take care of their spouses. Given that between 59-75% of all caregivers are female, males are often left out of the research and discussion about caregivers. There is a population underrepresented who care for aging wives and sometimes parents. Some adult onset diseases, such as multiple sclerosis affect more women than men, which requires that their spouses or children find caregivers. Most often, the spouses are taking on the role.

Research shows that men can handle the role of caregiving and do it well. This article helps health care professionals, caregivers, and researchers recognize that men make up a minority but important role. Caring for a family member can be physically and emotionally draining for anyone and men tend to present a stoic approach. They are reared to “buck up” and often do not ask for assistance. Men are encouraged to attend support groups and reach out to others. Other family members and professionals can be aware and help men in caregiving roles.

### Curriculum

Chapin, R., Gordon, T., Nelson-Becker, H., Terrebonne, S. (2002). *Aging and Ethnicity*. Kansas: University of Kansas:

Professors and students from the University of Kansas from the School of Social Welfare put together a learning resource for graduate school curriculum and other venues. The curriculum materials provide a basic introduction regarding minority elderly in the United States. The information can easily be integrated into undergraduate or graduate-level courses. Areas of study where the information may be of benefit include but not limited to: public health, social welfare, anthropology, sociology, psychology, and minority studies. As indicated by the vast courses where this information can be used, this curriculum covers a broad scope. The overview in of each section is accompanied by a reference list, annotated bibliography of suggested readings, lists of available audiovisual materials, as well as in-depth interviews with selected experts regarding the particular ethnic group.

Given that minority persons constitute the fastest growing segment of the elderly population; this curriculum is essential for the understanding of caretakers. The ethnic groups covered are African-American, Hispanic, Asian and Pacific Islanders, and American Indian along with Native Alaskans. Often minorities have been invisible or marginalized groups within the older adult populations. With the Older Americans Act, services were targeted to low income and minority aged and there was an increased interest. However, further research and consideration is important to understanding the ways the various ethnic groups approach aging and caretaking of older adults.

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